



ask SHIP

Q: My New Year's resolution is to stay healthy! Does Medicare cover flu shots? Does it cover anything else to help me stay healthy?

A: Yes, Medicare covers flu shots. Many preventive services are covered for people with Medicare as the services are offered by a doctor or other qualified health care provider who accepts assignment.

You can get a "Welcome to Medicare" during the first 12 months that you have Medicare. This includes a review of your medical and social history related to your health and education and counseling about preventive services, including certain screenings, shots, and referrals for other care if needed.

Medicare also covers a yearly "Wellness" visit. You can get this visit if you've had Part B for longer than 12 months, and it's covered every 12 months.

Be sure to tell your health care office exactly what type of visit you are scheduling when you make the appointment.

The following are preventive services typically covered by

Medicare at no cost to you:

- Welcome to Medicare Visit
- Yearly Wellness Visit
- Pap Test and Pelvic Exams
- Pneumococcal Shot
- Flu Shots
- Alcohol Misuse Screening and Counseling
- Hepatitis B Shots
- Tobacco Use Cessation Counseling
- Diabetes Screenings
- Mammogram Screening
- Abdominal Aortic Aneurysm Screening
- Sexually Transmitted Infections Screening
- HIV Screenings
- Bone Mass Measurements

Cardiovascular Screenings:

tests covered for cholesterol, lipid, and triglyceride levels every 5 years.

Cardiovascular Disease

(Behavioral Therapy): one visit per year with your primary doctor covered to help lower your risk for cardiovascular disease.

Colorectal Cancer

Screenings: If you're 50 or older, or are at high risk for colorectal cancer, one or more of these tests covered: fecal occult blood test, flexible

sigmoidoscopy, screening colonoscopy, and barium enema.

Medical Nutrition Therapy

Services: covered along with certain related services if you have diabetes or kidney disease, or you have had a kidney transplant in the last 36 months, and you're referred by your medical provider.

The following are preventive services are typically covered by Medicare but will require coinsurance and/or deductible:

- Prostate Cancer Screenings
- Glaucoma Tests
- Depression Screenings

Diabetes Self-Management

Training: covered for people with diabetes with a written order from a doctor or other medical qualified health care provider.

If you or someone you know needs help understanding Preventive Care benefits or any other Medicare related issues, call SHIP at 1-800-452-4800, 1-866-846-0139 TDD, or online at www.medicare.in.gov. You can also find us on Facebook and Twitter.

SHIP is a free, unbiased counseling program provided by the Indiana State Department of Insurance.